



City of New Carrollton Earth Year 2020

12 Acts of Green



1. Do a household energy audit. A household energy audit can identify factors that make a home inefficient in energy usage, uncomfortable and potentially unsafe. An energy audit typically lasts 3-4 hours and consists of a home inspection, a blower door test, a safety test for your water heater and heating equipment, and a detailed report with recommendations.

2. Only purchase the groceries you need. Big-box and bulk purchase stores offer great deals, but if you are not eating everything you buy, it's terrible for the planet. When you throw away uneaten food, you're also throwing the energy, seeds and water it took to grow and transport it.

3. Eat a plant-rich diet. A study from the Environmental Working Group shows that red meat is responsible for 10-40 times as many greenhouse gas emissions as vegetables and grains. It's not just cheeseburgers that are the problem. The act of growing feed for livestock emits a shocking amount of nitrous oxide, a greenhouse gas 300 times more potent than carbon dioxide

4. Support your local Farmers Markets. Cook with in-season veggies. Skip produce that is flown in from halfway across the world. In-season produce is more delicious anyway.

5. Give your thermostat a nudge. In winter, set your thermostat back when you're asleep, even more when away from home, and even more when on vacation. Do the opposite in the summertime. A programmable thermostat can do the work for you. As a general rule, move your heater thermostat down 2° in winter and up 2° in the summer. You probably won't even notice 2 degrees, but your energy bill will.

6. Invest in reusable products. Buy reusable grocery bags and water bottles. But don't forget to use them! Put them where you can see them.

7. Help keep our green spaces clean. Join a local park, river or city clean-up program. Briers Creek is a tributary of the Anacostia River. Pollution from the City's storm drains flows into the River and eventually the Chesapeake Bay. The Anacostia Watershed Society sponsors educational programs, river cleanup, restoration and advocacy. www.AWS.com

8. Recycle paper, metal cans and glass bottles. Also recycle plastic, but not all plastic. Check the City's website to see what plastic can and cannot be recycled. Anything you throw in that blue bin that can't be processed for recycling ends up going from the recycling facility to the landfill.

9. Use environmentally friendly, non-toxic cleaning products. They clean just as well, and reduce toxins in the environment. Many times, they are made without animal testing too. (<https://nymag.com/strategist/article/best-natural-organic-cleaning-products.html>).

10. Replace inefficient incandescent light bulbs. LEDs are about 80% more efficient than incandescent bulbs. To see how much money you might save, check out this energy saving calculator (<https://www.bulbs.com/learning/energycalc.aspx>).

11. Vote. Climate change can seem like a problem of personal consumption, but it is important to recognize the structural changes that we need for a healthier planet. Put your money where your recycling bin is. Support candidates that share your passion for environmental justice.

12. Have a conversation. Too many people think that climate change is too big, too far away or too science-y to understand. Check out Katherine Hayhoe's [TED Talk](#) to learn more about the importance of chatting about the earth. Support P.G. County Council Resolution CR-007-2020 (County Climate Action Plan).